



# BASIC FIELD HYGIENE AND SANITATION

**TASK:** Teach your element the importance of maintaining proper field hygiene and sanitation.

**CONDITIONS:** Discussion-Question Based.

**STANDARDS:** Understand the importance of field hygiene and apply the principles of preventative medicine in the field.

**REFERENCES:** Field Hygiene and Sanitation; FM 21-10.



# BASIC FIELD HYGIENE AND SANITATION

What are some Medical Threats and Principles of Preventative Medicine Measures (PMM)?

**DISCUSSION:** (Ask Soldiers what they think a medical threat is and principals of PMM.)

**Medical Threat:**

Heat; Cold; Arthropods and other animals; Food- and Waterborne diseases; Toxic Industrial Chemicals/Materials; Noise; Non-battle injury; and the unfit service member.

**Principles of Preventative Medicine Measures:**

- Soldiers perform individual techniques of PMM.
- Supervisors plan for and enforce PMM.
- Field Sanitation teams train Soldiers and leaders.
- Unit leaders implement unit-level PMM.

**Failure to apply the principles of PMM can result in mission failure.**



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## Prevent Skin Infections and Dental Disease

**DISCUSSION:** (Ask Soldiers what they think a medical threat is and the principals of PMM.)

### Prevent Skin Infections:

- Bathe frequently. If showers or baths are not available, user wash clothes or baby wipes.
- Clean your genital area, armpits, feet and other areas that sweat.

### Prevent Dental Disease:

- Brush teeth ad gums after meals or at least once a day.
- Rinse your mouth with potable water frequently.
- Consuming sugary food and drinks requires more frequent cleaning.



# BASIC FIELD HYGIENE AND SANITATION

## Prepare for the Field?

DISCUSSION: (Ask Soldiers how they prepare for the field.)

### Basic Hygiene Kit:

- Necessary to maintain good hygiene.
- Should include: soap, washcloths, toothbrush, toothpaste and foot/body powder. Males need shaving items. Female need personal items as well.
- DO NOT share personal hygiene items IOT prevent the spreading of infections.